

## **Kidney Stone Prevention Information Flyer**

### **Mr Daniel Steiner – Urologist**

Kidney stones form essentially due to crystallization of chemical elements in your urine. This tends to occur most commonly due to an inadequate fluid intake. Less commonly, stones will form due to excessive amounts of chemicals within the urine.

You may reduce your risk of kidney stones if you:

- **Increase your water intake throughout the day.**

Generally aim for at least 2.5 Liter's per day of water. If you live in a hot, dry climate or you exercise frequently, you may need to drink even more water to produce enough urine. If your urine is light and clear, you're likely drinking enough water.

- **Eat fewer oxalate-rich foods.**

If you tend to form calcium oxalate stones, you may need to reduce or moderate your oxalate intake. Oxalate rich foods include: rhubarb, beets, okra, spinach, sweet potatoes, nuts, tea, chocolate and soy products. If you consume large quantities of these products then you should reduce your intake.

Discuss the use of Vitamin C supplements as these can increase urine Oxalate levels

- **Choose a diet low in salt and animal protein.**

Reduce the amount of salt you eat. Avoid adding salt to your food/cooking. Avoid excessive consumption of animal proteins and choose non animal protein sources, such as legumes.

- **Continue eating calcium-rich foods, but use caution with calcium supplements.**

Calcium in food doesn't have an effect on your risk of kidney stones. Ask your doctor before taking calcium supplements. You may reduce the risk by taking supplements with meals.